Stoughton
PARKS & RECREATION

# 2019 FALL/WINTER GUIDE

207 S. Forrest Street • Stoughton, WI 53589 • 873-6746 • www.stoughtonrec.com

# Stoughton Gymnastics & Tumbling

**201 W. Main Street**
**608 88 VAULT**
**Stoughtongymnastics.com**

- **Programs for kids 2-18 with outstanding coach: student ratios**
- **Rates from $25/month with flexible enrollment options**
- **Enroll 24/7 with fast and friendly on-line enrollment**

## Little Flippers Preschool

$25/mo. with themed lesson plans, such as PAW PATROL, Candyland, Circus and more! Ages 2-4

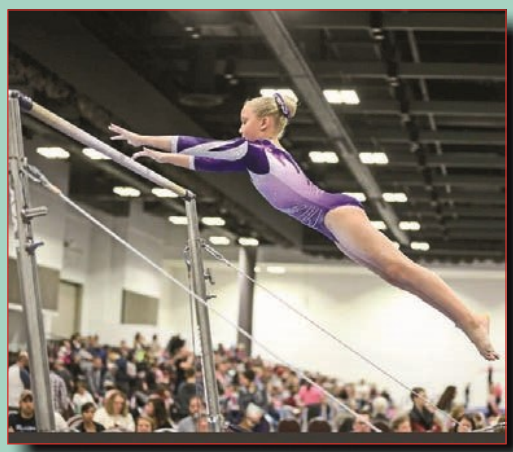
## Mini-Ninjas Preschool

$25/mo. - Have a guy (or gal) who wants to climb, bounce, swing? This class is for you! Ages 3-4

**Trampoline, Floor, Beam and Bar skills will be taught in both programs.**

## Gymnastics

- Regulation Gymnastics Equipment with 1600 s.f. spring floor
- Beginner to Advanced Classes, ages 4+
- Experienced coaches with gymnastics, dance & tumbling competitive backgrounds
- Recreational Team available to all students
- Established XCEL competitive team with State & Regional champs



## NINJA Warrior

Run, jump, climb, bounce. Gymnastics equipment and trampolines will be used to work on balance, coordination, and strength. Ages 5+

## Floor & Flips Tumbling

From handstands and cartwheels to flips...Tumbling skills will be taught using various trampolines. Ages 5+.

adno-93835

## OPEN HOUSE 9/14, 1-4 pm

To enroll, visit: stoughtongymnastics.com & click "ENROLL". We offer convenient 24/7 enrollment with ON-LINE registration. Join anytime, we prorate fees! Please call or email if you have questions.

**Jessica@Stoughtongymnastics.com** **608 88 Vault** **Stoughtongymnastics.com**

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# Active Stoughton for Life (AS4L)

One of the main goals of the Stoughton Parks and Recreation Department is to create healthy lifestyles. A proven way to create healthy lifestyles is through physical activity and sport. Active Stoughton for Life (AS4L) is a movement to improve physical activity and sport in Stoughton. AS4L uses a scientific model called the Long-Term Athlete Development (LTAD) Model as its framework. Physical literacy is the foundation of LTAD.

## Physical Literacy

Physical literacy is defined as the ability, confidence, and desire to be physically active for life.

ABILITY refers to competency in basic movement skills and an overall fitness that allows individuals to engage in a variety of games and activities. This outcome is achieved through a mix of informal play and intentional teaching of movement skills, among them running, balancing, hopping, skipping, jumping, dodging, gliding, falling, lifting, swimming, kicking, throwing and a range of skills that require general hand-eye coordination.

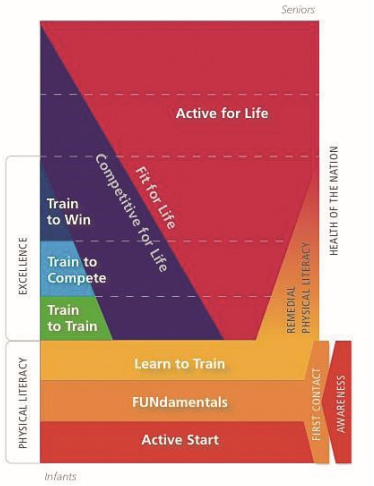
CONFIDENCE is knowing that you have the ability to play sports or enjoy other physical activities. It is the result of programs and venues that are inclusive of people with differing abilities, and the support and encouragement from parents, guardians, coaches, administrators, teammates, and peers throughout the development process.

DESIRE is the intrinsic enthusiasm for physical activity, whether in organized or unstructured formats, in traditional or alternative sport. This result is achieved through early positive experiences that are fun and motivate children to do their best.

## Developing Physical Literacy

Developing physical literacy is a building block approach that follows this direction:

Similar to the reasoning behind why children are taught to count when they begin school before they are taught addition and subtraction and why addition and subtraction is taught before calculus, the same rationale is behind developing physical literacy. These basic fundamental movement skills are needed to participate in a variety of physical activity later in life.




# General Information

## Residency Policy

Residents are considered people who pay property taxes to the City of Stoughton. Townships, School District, etc. have no bearing on your residency for our purposes. It may be possible that you might be a resident and our online registration system considers you a non-resident. In these cases, please contact us and we can make the appropriate change to your account.

## Youth Programs and Grade Level

Many of our programs for children are broken down by grade level. Please sign-up your child for the grade they are in when the program is going on.

## How to Register for a Recreation Program

There are two simple ways to register for a recreation program.

1. The first way is by filling out a paper registration form. A paper registration form can be found near the end of the guide. Once the paper registration form is filled out, a person can mail it to us or stop by our office.

2. The second way is by going to our online registration site, https://apm.activecommunities.com/stoughtonrec/Home/. Online registration is fast, simple, and convenient.

## Recreation Department Weather Hotline

If you think there's a chance that your program is cancelled by bad weather, call our weather hotline at 873-6724. A new message will be posted at 4:00 pm on weekdays and an hour before scheduled activities on the weekends. Your program is scheduled to be happening if the recorded message is from a previous day.

## Inclusion Service & Recreation Programs

Recreation and leisure activities are an important aspect of life for all people. We will make reasonable accommodations to many of our recreation programs so individuals with disabilities can participate without fundamentally changing the program. Please go to our website at www.stoughtonrec.com and search for therapeutic services.

## Stay connected with the Recreation Department!

Create an account on our online registration system at http://apm.active-communities.com/stoughtonrec/ if you would like to be kept updated on our latest program offerings. You can also add us as a Facebook friend (http://www.facebook.com/StoughtonRec/) or follow us on Twitter (@StoughtonRec)and Instagram (@stoughtonrecreation).

## Fee Assistance

It is the policy of the City of Stoughton that no child in the Stoughton Area School District will be denied participation in any program for lack of ability to pay. Please contact us if you are in a position where you need a fee waived.

## Gym and Park Locations

Yahara School – 900 W. Wilson Street
Community Building Gym – 320 North Street
River Bluff School – 235 N. Forest Street
Fox Prairie School – 1601 W. South Street
High School Field House – 600 Lincoln Avenue (please park in the parking lot off of Devonshire Road by the tennis courts and enter the building using the pool entrance)
Stoughton Youth Center – 567 E. Main Street
Mandt Center – 400 Mandt Parkway
Bjoin Park – 200 E. Wilson Street
Criddle Park – 117 S. Monroe Street
Division Park – 110 N. Division Street
Dunkirk Park – 700 Dunkirk Avenue
East Park – 225 S. Lynn Street
Lowell Park – 308 W. Milwaukee Street
Norse Park – 630 Kriedeman Drive
Racetrack Park – 400 Racetrack Road
Riverside Park – 200 Riverside Drive
Schefelker Park – 1325 Furseth Road
Veterans Park – 625 S. Page Street
Virgin Lake Park – 1901 Roby Road
Westview Park – 1915 Hilldale Lane
Mandt Park – 801 S. Fourth Street
Mill Pond Park – 421 S. Page Street

# Youth Sport Programs

## Youth Basketball Programs

Our basketball programs for children in kindergarten through fourth grade have been designed to focus on using methods of coaching that develop basketball and movement skills for the long-term while making the sport more fun for the children. Frequency and duration of each grade class is based on age appropriateness guidelines and is intended to maximize development while reducing burnout. Each participant will receive an age appropriate sized basketball.

## Little Viking Basketball – Kindergarten

*FUNdamentals*

This program will cover six classes where players will be introduced to basic fundamentals and work on developing movement skills that are necessary to play basketball. A certified coach will be teaching the class. Parents are welcome to volunteer and assist with coaching activities if they would like to be involved and learn about basketball coaching. Participants will receive a 25-inch basketball. The classes are for this age group is for both girls and boys.

**Days:** Saturdays
**Times:** 9:00-9:45 am
**Gym:** Yahara School
**Registration Deadline:** October 25 and December 28 for Session 2

| Session | Dates | Fee (Residents/NR) | Program Code |
|---|---|---|---|
| Session 1 | 11/2 - 12/14, No Class 11/30 | $40/$48 | 1120.400 |
| Session 2 | 1/4 - 2/8 | $40/$48 | 1120.401 |
| Session 1 & 2 | 11/2 - 12/14 & 1/4-2/8, No Class 11/30 | $70/$80 | 1120.402 |

## Little Viking Basketball – 1st Grade

*FUNdamentals*

Each session will cover six weeks where players will learn the basic fundamentals and work on developing movement skills that are necessary to play basketball. Parents are welcome to volunteer and assist with coaching activities if they would like to be involved and learn about basketball coaching. Participants will receive a 25-inch basketball. The classes are for this age group is for both girls and boys. Sign up for both sessions and save $10.

**Days:** Saturdays
**Times:** 10:00-10:45 am
**Gym:** Yahara School
**Registration Deadline:** 10/25 for Session 1 and 12/28 for Session 2

| Session | Dates | Fee (Residents/NR) | Program Code |
|---|---|---|---|
| Session 1 | 11/2-12/14, No Class 11/30 | $40/$48 | 1120.403 |
| Session 2 | 1/11-2/15 | $40/$48 | 1120.404 |
| Session 1 & 2 | 11/2-12/14 & 1/11-2/15, No Class 11/30, 1/4 | $70/$80 | 1120.405 |

## Jr. NBA 3 on 3 League – 2nd Grade

*FUNdamentals*

Classes will rotate between practice days and 3 on 3 game days. Approximately four children will be placed on a team. The practice days will consist of a warm-up and a station-based practice that will work on developing fundamental skills. The game days will consist of three games of 3 on 3 basketball. We will provide a head coach that will assist volunteer parent coaches. Children will receive a reversible Junior NBA jersey and a 25-inch basketball.

Volunteer coaches are needed. Volunteer coaches are responsible for coaching a team on the game days and a station during the practice days. We will provide an on court training opportunity that will go over the different station activities for practice along with expectations for games.

### Why 3 on 3 Basketball?

Small sided games such as 3 on 3 basketball give children more space, more time, and more ball possessions that is aimed at developing skills. The average 3 on 3 player gets twice as many meaningful touches as an average 5 on 5 player. http://learntocoachbasketball.com/small-sided-games-player-development

**Dates:** November 6 to February 15
**No Class Dates:** 11/27, 11/30, 12/18, 12/25, 12/28, 1/1, 1/4
**Days & Times:** Wednesdays – 5:30-6:30 pm, Saturdays – 11:00 am-12:00 pm
**Who:** Children in 2nd Grade (boys and girls)
**Location:** Saturdays – Yahara School Gym
Wednesdays – Yahara School Gym
**Fee:** Residents - $90, Non-Residents - $100
**Program Code:** 1120.406
**Deadline:** 10/22

## Jr. NBA/WNBA 4 on 4 League – Grades 3rd & 4th

*FUNdamentals*

The Stoughton Recreation Department is teaming up with Cottage Grove, Monona and McFarland recreation departments to bring a travel basketball league for children in grades 3rd & 4th. The program will focus on the FUNdamentals of basketball and emphasize good sportsmanship and teamwork. Games will be on Saturday mornings with one practice during the week. Children will receive a reversible Junior NBA or WNBA jersey.

### Volunteer coaches are needed.

We will provide an on court training opportunity that will go over the different station activities for practice along with expectations for games.

### Why 4 on 4 Basketball?

Small sided games such as 4 on 4 basketball give children more space, more time, and more ball possessions that is aimed at developing skills. The average 4 on 4 player gets twice as many meaningful touches as an average 5 on 5 player. http://learntocoachbasketball.com/small-sided-games-player-development

## Jr. NBA/WNBA 4 on 4 Travel Leagues for 3rd-4th Grade

**Days:** Practices – Wednesday Evenings, Games – Saturday Times TBD
**Dates:** Practices start in December. Games start 1/11
**Deadline:** 11/1
**Fee:** $85 – Residents, $95 – Non-Residents

| Who | Program Code |
|---|---|
| 3rd-4th Grade Boys | 1120.407 |
| 3rd-4th Grade Girls | 1120.408 |

## Jr. NBA/WNBA Travel Leagues for 5th, 6th and 7th & 8th Grade

*Learning to Train*

The Stoughton Recreation Department is teaming up with other Dane County area recreation departments to bring a travel basketball league for children in grades 5th-8th. The program will focus on the FUNdamentals of basketball and emphasize good sportsmanship and teamwork. Each team will be guaranteed 8 games and an end of season tournament. Games will be played at various locations in Dane County on Saturday mornings and there will be two practices during the week. Children will receive a reversible Junior NBA or WNBA jersey.

Volunteer coaches are needed! Coaches training opportunities will be offered.

**Days:** Practices – Weekday Evenings, Games – Saturday Mornings & Early Afternoons
**Dates:** Practices start in December. Games start 1/11
**Deadline:** 11/1
**Fee:** $85 – Residents, $95 – Non-Residents

| Who | Program Code |
|---|---|
| 5th Grade Boys | 1123.400 |
| 6th Grade Boys | 1123.401 |
| 5th Grade Girls | 1123.402 |
| 6th Grade Girls | 1123.403 |
| 7-8th Grade Boys | 1123.404 |

## Big 10 Volleyball League (Grades 5-8)

The Stoughton Recreation Department is teaming up with other Dane County area recreation departments to bring a travel volleyball league for children in grades 5-8. The program will focus on the FUNdamentals of volleyball and emphasize good sportsmanship and teamwork. There will be three practice days leading up to five tournament days. Volunteer coaches are needed!

**Practice Days & Dates:** Fridays and Sundays 1/19-1/26
**Practice Times:** Friday Evenings
**Practice Location:** River Bluff Middle School
**Tournament Days & Dates:** Sundays, 2/9-3/8
**Tournament Times:** Typically 12:00-3:00pm
**Who:** Girls in Grades 5-8
**Fee:** $60 – Residents, $70 – Non-Residents
**Deadline:** 1/3

| Grade | Program Code |
|---|---|
| 5th | 1170.100 |
| 6th | 1170.101 |
| 7th | 1170.102 |
| 8th | 1170.103 |

## Youth Tennis Lessons (Ages 3-18)

***Tennis Lessons taught by Premier Tennis Pros***

**Class Descriptions**

**Ages 3-6:** Using Quick Start approach, children are taught using balls that bounce lower and don't move as fast so they are easier to hit.

**Ages 7-8:** Students will further develop tennis strokes, groundstrokes and volleys and the serve. Footwork drills and pint playing will be introduced.

**Ages 9-12:** Students will refine stroke mechanics with major emphasis on improving the consistency and accuracy of groundstrokes, volleys, overheads and learning the rules of the game.

**Ages 13-18:** This group is designed for high school players or advanced middle schoolers. Drills become more intense and focused on strategy, point play for singles and doubles.

**Fee:** $24-$48
**Location:** Norse Park
**Fall Session Dates:** September 7th-September 28th (4 weeks)
**Days:** Saturdays
**Rain Make Up:** Saturday, October 5th

| Ages | Program Code | Dates | Times |
|---|---|---|---|
| 3-6 | 1180.300 | 9/7-9/28 | 9:00-9:45 |
| 7-8 | 1180.301 | 9/7-9/28 | 9:45-10:30 |
| 9-12 | 1180.302 | 9/7-9/28 | 10:30-12:00 |
| 13-18 | 1180.303 | 9/7-9/28 | 12:00-1:30 |

## SNAG Golf

*Active Start, FUNdamentals*

SNAG® stands for "Starting New at Golf". It is a FUN game that is EASY to learn and can be played ANYWHERE. SNAG® contains all the elements of golf but in a modified form. Falling somewhere between miniature golf and regulation golf, SNAG® allows for full shots, pitching, chipping, and putting. It is a proven learning & training tool for entry level golfers. For more information go to www.snaggolf.com. Max of 16 participants in a class.

**Dates:** 2/26-3/18
**Days:** Wednesdays
**Times:** 6:30-7:15 pm
**Program Code:** 1163.400
**Grades:** K-2
**Place:** Yahara Gym
**Fees:** Resident - $30, Non-Resident - $38

## Fall Miniball Soccer

*Active Start*

Start your little Pele on his or her way to a lifelong love of recreation activities. Nothing compares to soccer for an introduction to structured team sports. The emphasis on this program is having fun, getting your child to like sports, and developing their physical literacy. This program isn't intended on teaching high level soccer skills to your child because of the ages of the participants. Volunteer coaches needed!

**Days:** Sundays
**Dates:** September 8 – October 13
**Location:** Racetrack Park
**Fee:** $40 – Resident, $45 – Non-Resident
**Registration Deadline:** September 1
**Coaches:** Volunteers are needed. Coaches meeting will be held 9/4.

| Ages | Program Code | Times |
|---|---|---|
| 3 – 4-year olds | 1130.300 | 2:00-2:45 pm |
| 3 – 4-year olds | 1130.301 | 3:00-3:45 pm |
| 5-year olds | 1130.302 | 4:00-4:45 pm |

## Spring Miniball Soccer

*Active Start*

Start your little Pele on his or her way to a lifelong love of recreation activities. Nothing compares to soccer for an introduction to structured team sports. The emphasis on this program is having fun, getting your child to like sports, and developing their physical literacy. This program isn't intended on teaching high level soccer skills to your child because of the ages of the participants. Volunteer coaches needed!

**Days:** Sundays
**Dates:** April 19 – May 31, No Class May 24
**Location:** Racetrack Park
**Fee:** $40 – Resident, $45 – Non-Resident
**Registration Deadline:** March 29
**Coaches:** Volunteers are needed.

| Ages | Program Code | Times |
|---|---|---|
| 3 – 4-year olds | 1130.100 | 2:00-2:45 pm |
| 3 – 4-year olds | 1130.101 | 3:00-3:45 pm |
| 5-year olds | 1130.102 | 4:00-4:45 pm |

## Little Gridders Flag Football (Pre-K)

*Active Start*

This program will introduce four and five-year olds to the sport of football. A head coach and high school players will run parent/child pairs through a variety of fun games and activities that teach movement skills (dodging, running, throwing) to future gridiron stars. Each week will consist of a practice and a fun scrimmage. Soft footballs will be used.

**Days:** Tuesdays
**Dates:** April 14 - May 19
**Times:** 5:30-6:30 pm
**Location:** Racetrack Park (green space near barn and playground)
**Ages:** Pre-K, Ages 4+
**Fee:** $30 – Residents. $38 – Non-Residents (Shirts are included)
**Program Code:** 1152.100

## Futsal

*FUNdamentals, Learning to Train*

Futsal is an indoor version of soccer that is played around the world. Players participate in "open-play" games that encourage creativity, develop foot skills, and teamwork. Soccer coaches will give tips when appropriate. Futsal has been instrumental in developing soccer talent in Brazil. A drop-in fee of $5 is also available. Please contact the Recreation Department if you would like to use this option as there might be changes to the classes.

**Place:** Fox Prairie Gym
**Days:** Tuesdays – Grades 1-2 Thursdays – Grades 3-4
**Fee:** $25 – Residents, $33 – Non-Residents
**Deadline:** One week before session starts
**Max class size:** 16

**Session I**

| Grades | Program Code | Dates | Times |
|---|---|---|---|
| 1-2 | 1131.400 | 11/12-12/17, No 11/26 | 6:15-7:15 pm |
| 3-4 | 1131.401 | 11/14-12/19, No 11/28 | 6:15-7:15 pm |

**Session II**

| Grades | Program Code | Dates | Times |
|---|---|---|---|
| 1-2 | 1131.404 | 1/14-2/11 | 6:15-7:15 pm |
| 3-4 | 1131.405 | 1/16-2/13 | 6:15-7:15 pm |

## High School Recreational Basketball League

*Active for Life*

We are once again offering a basketball league open to all high school students except players involved on high school teams. Players will sign up individually and teams will be created through a draft process.

**Days:** Tuesdays
**Team Practice Day & Time:** 12/3, 6:00-7:30 pm
**Game Dates:** 12/10, 12/17, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18
**Times:** 6:00-9:00 pm, game times will vary
**Location:** Sandhill Gym
**Program Code:** 1122.400
**Fee:** $50 – Residents, $60 – Non-Residents
**Draft:** 11/28 at 5:00 pm at the Youth Center

# Adult Sport Programs

## Adult Basketball Programs

### *Fall 3 on 3 Basketball League*

*Active for Life*

This basketball league is for adults. Teams will play multiple games per night. This is a self-officiated league. Players will be able to get in basketball shape for their upcoming winter season by playing in this league. Contact the Recreation Department for a registration form.

**Ages:** High School (Currently) - Adults
**Dates:** September 9 – October 28 (8 weeks)
**Days:** Monday Nights
**Times:** 7:00-9:00 pm
**Place:** Yahara School Gym
**Fee:** $90 per team

### *Adult Winter Basketball Leagues*

*Active for Life*

We offer multiple different basketball leagues. Our basketball leagues generally start in middle to late November and run through the end of March. Please see the different league options below. Sunday game times are in the afternoon/early evening. The leagues have 10 game seasons with end of season tournaments. These are officiated leagues and standings are kept. Sign up as a team or as a free agent. Team registration forms and league information can be found on our website – www.stoughtonrec.com/sports. Please call our office at 873-6746 if you would like to be put on our free agent list.

Men's Sunday A
Men's Sunday B
Men's Monday (Over 35)
Women's Wednesday

## Coed Volleyball League

*Active for Life*

We will be offering a coed volleyball league on Friday evenings this winter. The league will last 8 weeks and will run in January through early March. The league will be self-officiated and we will provide a site supervisor who will record scores. Team registration forms, rules, and other league information can be found on our website – www.stoughtonrec.com/sports

## Adult Open Gym Basketball

These are a great alternative if your schedule is too busy to commit to a league. Please bring your own ball if you plan on attending. These open gyms are for ages 16+. However, younger children may attend if accompanied by an adult.

New this year is a season pass for $20. Season passes can be purchased online at https://apm.activecommunities.com/stoughtonrec/Home. Pass holders will be notified in the event of gym closures due to weather or school scheduling conflicts that arise.

**Saturdays**
**Dates:** November 2 – March 14
**Closed:** 11/30, 12/28, 1/4, 2/22
**Location:** Community Building
**Times:** 12:00-1:30 pm
**Fee:** $2 per day or $20 for season pass

**Sundays**
**Dates:** November 3 – March 15
**Closed:** 12/1, 12/29, 1/5, 1/12
**Location:** High School Field House
**Times:** 12:30-2:00 pm
**Fee:** $2 per day or $20 for season pass

## Pickleball Open Gym

*Active for Life*

Pickleball is a fun game for all ages. It is a racquet game that combines elements from table tennis, tennis, and badminton. We will be providing nets, balls, and court markers. Please bring your own racquet.

**Who:** Adults
**Times:** 9:00-Noon
**Location:** Yahara Gym
**Program Code:** 3355.400
**Fee:** $40 season membership or $2 drop-in

**Tuesdays**
**Dates:** October 1 – May 26
**Closed:** 12/24, 12/31, 3/24

**Wednesdays**
**Dates:** October 2 – May 27
**Closed:** 11/27, 12/18, 12/25, 1/1, 3/25

**Fridays**
**Dates:** October 4 – May 29
**Closed:** 10/25, 11/1, 11/29, 12/20, 12/27, 1/3, 2/21, 3/13, 3/27, 4/10

## Adult Tennis Lessons

***Tennis Lessons taught by Premier Tennis Pros***

**Class Descriptions**

**Adults:** All levels are welcome from Beginner to Advanced. Drills will work on technique, strategy, and point play. Drills will be fast paced and keep you moving.

**Fee:** $32
**Location:** Norse Park
**Fall Session Dates:** September 7th-September 28th (4 weeks)
**Days:** Saturdays
**Rain Make Up:** Saturday, October 5th

| Ages | Program Code | Dates | Times |
|---|---|---|---|
| Adults | 1180.304 | 9/7-9/28 | 8:00-9:00am |

# General Youth Programs

## Stoughton Recreation Ski Club Trips

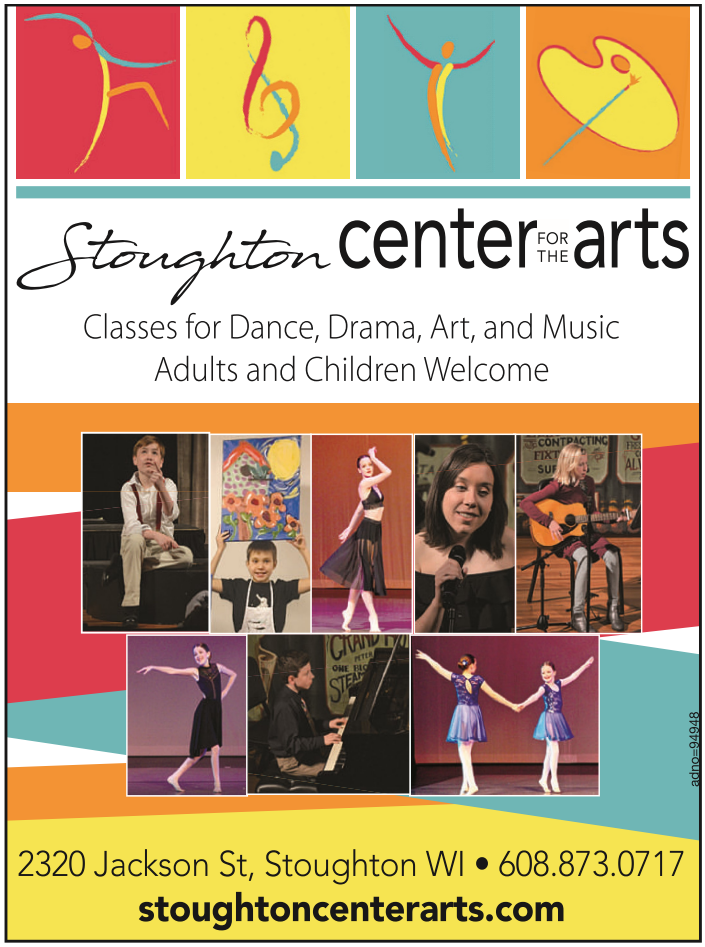
Go on a ski trip with the Recreation Department! We have multiple trips to Devil's Head, Tyrol Basin, and Cascade Mountain. Trips take place on Friday nights in January and February. Trips are for middle and high school age children. Sign up the week of the trip at River Bluff or at the Recreation Department. Look for more information at the schools in late December or on our online registration page - https://apm.activecommunities.com/stoughtonrec/Home.

# Enrichment & Cultural Classes

## Chicago Holiday Shopping Trip

Join us on a trip to Chicago on our holiday shopping trip! Avoid the hassle of driving and parking in Chicago and enjoy a stress-free coach bus ride. Michigan Avenue will have everything on your holiday shopping list. For more information on the stores and restaurants on Michigan Avenue visit http://www.themagnificentmile.com/.

**Who:** Adults (children may go, but must be accompanied by an adult)
**Date:** December 7
**Day:** Saturday
**Pick-up/Drop-off Time:** 9:00 am – 8:00 pm
**Pick-up/Drop-off Location:** City Hall
**Program Code:** 3260.400
**Min. Registrations**: 25
**Fee:** $40



## Computer Use – Everyday Efficiency with Windows

Sure, you know how to get around on the computer and manage to "get by." BUT…are you using Windows in the most easy and efficient ways? Have a handful of Websites that you frequently visit? Access them through your "Links" toolbar without having to open your browser first! Still taking notes from the screen? Learn how easy screen prints are and when to use the best tool (Print Screen vs Snipping Tool vs Screenshot). These tips—and many more—will leave you wondering how you ever managed Windows before! This 2-hour session will allow you to watch and DO. Each participant will have access to a computer—and don't worry about forgetting what you did, because you will leave with a handout summarizing what was presented! Try it…you'll like it!
**Who:** Adults
**Date:** January 6
**Day:** Monday
**Location:** EMS Building Hanson Room, 516 S. 4th Street
**Program Code:** 1200.001
**Min/Max Registrations:** 5/10
**Fee:** $30

## Computer Use – Excel 101

Do you have Microsoft Excel on your computer and you're not using it? Or…maybe you've dabbled but want to know more? If so, this class is for YOU! Come learn the "must-knows" of this program and walk away with a better understanding of Excel. Once you learn how it works, you'll find yourself using it for so many things and will wonder how you ever managed without it! This 3-week session will allow you to watch and DO. Each participant will have access to a computer—and don't worry about forgetting what you did, because you will leave with a handout summarizing what was presented! Try it…you'll like it! NOTE: Concepts learned can be applied to any version of Excel.
**Who:** Adults
**Date:** January 13, 20, 27
**Day:** Mondays
**Location:** EMS Building Hanson Room, 516 S. 4th Street
**Program Code:** 1200.002
**Min/Max Registrations:** 5/10
**Fee:** $68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## Computer Use – Word 101

Yes…it's true. You have been using Microsoft Word for quite some time… BUT…there are too many times when you've felt frustrated or unsure and thought "What's happening?" or "Why am I getting that extra space?" AND… it's likely that you could be saving so much time! For example, did you know that you can bold a word or center a paragraph without having to select it first? Whether you're a new user or an everyday user, this class is for YOU!! Come learn the "secrets" of this program and walk away feeling powerful! This 3-week session will allow you to watch and DO. Each participant will have access to a computer—and don't worry about forgetting what you did, because you will leave with a handout summarizing what was presented! Try it…you'll like it! NOTE: Concepts learned can be applied to any version of Word.
**Who:** Adults
**Date:** February 10, 17, 24
**Day:** Mondays
**Location:** EMS Building Hanson Room, 516 S. 4th Street
**Program Code:** 1200.003
**Min/Max Registrations:** 5/10
**Fee:** $68

## The Kids Chef

Lily Kilfoy, AKA "The Kids Chef" is a cooking instructor and freelance chef from Madison, Wisconsin. Her goal as an instructor is to expose children to the many benefits of cooking through hands- on experiences that develop skills to be used for life. It is also to teach children about healthy foods and cooking at a young age so that they can carry these values into adulthood.

### *Fall Baked Goods*

The Kids Chef Lily Kilfoy is back in this hands-on cooking class for kids ages 5-12 years old. Lily gets kids in the kitchen at a young age and introduces them to delicious dishes and thoughtful themes. When fall arrives and it's cool enough to turn on the ovens again, it's time to bake with the flavors of fall. Apple, cinnamon, pumpkin, cranberry, pear, maple, and more. In this class, kids will mix, measure and pour as they whip up multiple recipes for fall baked goods. Vegetarian and nut-free.
**Ages:** Children Ages 5-12
**Times:** 12:00-1:15 pm
**Location:** Stoughton Youth Center
**Date:** 10/19
**Min/Max Participants:** 6/15
**Fee:** $20
**Program Code:** 1311.301

### *Edible Gifts*

The Kids Chef Lily Kilfoy is back in this hands-on cooking class for kids ages 5-12 years old. Lily gets kids in the kitchen at a young age and introduces them to delicious dishes and thoughtful themes. Savory and sweet snack mixes, jars of jam, popcorn and date balls, cookies galore, quick breads and cheese spreads. There is nothing quite as nice as a homemade gift, especially one that can be eaten. In this class, kids will have a blast as they work together to create edible gifts. Vegetarian and nut-free.
**Ages:** Children Ages 5-12
**Times:** 12:00-1:15 pm
**Location:** Stoughton Youth Center
**Date:** 12/7
**Min/Max Participants:** 6/15
**Fee:** $20
**Program Code:** 1311.401

## Beginning and Advanced Pottery – Fall Sessions

This class is designed for beginning through advanced students of mixed ages. Basic hand building and wheel throwing will be demonstrated while presenting many project ideas. Beginning students will be guided through a series of projects designed to help them learn form, design, pattern, and craftsmanship. Every student will complete at least 1 set of dinnerware that is usable in the microwave, dishwasher, and oven. There will be time for self-directed projects with guidance as necessary. All students will have an opportunity to use the pottery wheel. There are 5 working days, 1 glazing day, and a 30-minute pickup day at the end. Classes will be held at Green Road Pottery on Main St. Stoughton.

| Session | Time | Dates | Program Code |
|---|---|---|---|
| Mondays | 5:30pm-7:00pm | 10/14-11/25 | 1364.300 |
| Tuesdays | 5:30pm-7:00pm | 9/10-10/22 | 1364.400 |

**Times:** 5:30-7:00 pm. The last day of each session is a pick-up day and is from 5:30-6:00 pm.
**Location:** Green Road Pottery (261 W Main St)
**Ages:** 9+
**Fee:** $140
**Min/Max Participants:** 4/8
**Deadline:** One week before class
**Instructor:** Brook Johnson

## Youth Painting Classes

### *BOO!*

For this class each child will be doing a beautiful painting of a Halloween scene. They will be using acrylic on a 16 x 20 canvas. Throughout this project we will work on shading and using complimentary colors. These paintings turn out colorful and whimsical and they are so much fun to do. This is a fun Halloween project that will be a beautiful piece of art to hang during the spooky holiday season.
**Day & Date:** Thursday, October 24 (Early Release School Day)
**Time:** 12:30-2:00 pm
**Ages:** 5 to 12-year olds
**Location:** Stoughton Youth Center
**Fee:** $40
**Program Code:** 1383.302
**Minimum/Maximum Participants:** 10/20

### *Happy Snowman*

For this class the children will be doing a painting of a darling snowman. They will be using acrylic paint on a 16 x 20 canvas. Throughout this painting we will be working on shading and blending. I will walk the kids through the painting step by step. These painting turn out beautiful and will look great hanging in your home for the cold winter months.
**Day & Date:** Friday, January 24th (Half School Day)
**Time:** 12:30-2:00 pm
**Ages:** 5 to 12-year olds
**Location:** Stoughton Youth Center
**Fee:** $40
**Program Code:** 1383.303
**Minimum/Maximum Participants:** 10/20

# Adult Fitness Classes

## Drop-In Vinyasa Yoga

*Active for Life*

Improve flexibility and circulation, strengthen and tone muscles, and relieve stress with our yoga class. Classes are taught by our certified instructor who specializes in Vinyasa style yoga. This is yoga class is for people who participate in yoga on a regular basis or prefer an intense workout. Wear loose fitting clothing, bare feet or socks. Please bring a yoga mat as they're not provided. The schedule for classes can be found on our website at www.stoughtonrec.com/programs.
**Days:** Sundays and Wednesdays
**Times:** 6:15 – 7:15 pm
**Location:** 2nd Floor of Youth Center
**Ages:** 16+
**Drop-In Fee:** $5
**Punch Cards:** A 10 visit punch card can be purchased for $40

## Zumba

*Active for Life*

Zumba is back!! Dance your way to fitness and have fun! Zumba truly is the workout that feels more like a dance party. Come and check it out! Easy to follow, Latin inspired dance moves and great music! Mondays and Wednesdays from 6:30pm to 7:30pm. This class is instructed by Lori Parisi, who has recently become a Certified Zumba Instructor.
**Location:** 2nd Floor of the Youth Center
**Who:** Ages 16+
**Days:** Tuesdays and Thursdays
**Dates:** 9/24-10/31
Time: 6:30 – 7:30pm
**Fee:** $40 – Resident; $45 – Non-Resident
**Min/Max Participants:** 10/25
**Program Code:** 2211.400

## Group Fitness Classes with Level-Up Gym

We have partnered with Level-Up Gym to offer high quality group fitness classes that are affordable. No gym membership is needed to take these classes.

### *Yoga/Barre Fusion*

*Active for Life*

Yoga/Barre Fusion will offer you a wonderful combination of our Barre Fusion class with a sequenced yoga flow.
**Instructor:** Andrea Klein
**Days:** Tuesdays
**Dates:** 9/24-10/29
**Times:** 9:15am-10:15am
**Location:** Level-Up Gym (225 Hoel Ave)
**Fee:** $40 – Resident; $45 – Non-Resident
**Min/Max Participants:** 6/10
**Program Code:** 2210.401

### *Barre Fusion*

*Active for Life*

Barre Fusion is designed to effectively strengthen, tone and balance the entire body. It incorporates great music and makes fitness fun, all while offering Fat Burning workouts that integrate light weights, a chair/barre workout and various props. Each class includes several highly effective sequences of toning and resistance exercises with emphasis on the core, arms, seat, and thighs. These are challenging, no impact classes that will lead to maximum results. You'll build strength and long lean muscles with increased core strength and Improved posture. All fitness levels welcomed!
**Instructor:** Andrea Klein
**Days:** Tuesdays
**Dates:** 9/24-10/29
**Times:** 6:30pm-7:15pm
**Location:** Level-Up Gym (225 Hoel Ave)
**Fee:** $40 – Residents; $45 Non-Residents
**Min/Max Participates:** 6/10
**Program Code:** 2215.302

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# Important Dates

## September 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 Youth Tennis Starts Ends – 9/28<br>Adult Tennis Starts Ends – 9/28 |
| 8 Fall Miniball Soccer Starts Ends – 10/13 | 9 Adult 3 on 3 Basketball League Starts Ends – 10/28 | 10 Beginning and Advanced Pottery – Fall Sessions (Tuesdays) Starts Ends 10/22 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 Cycle 360 Starts Ends – 10/22 | 18 | 19 HIIT with Yoga Starts Ends – 10/24 | 20 | 21 |
| 22 | 23 | 24 Zumba Starts Ends – 10/31<br>Yoga/Barre Fusion Starts Ends – 10/29<br>Barre Fusion Starts Ends – 10/29 | 25 Barbell Strength Starts Ends – 10/30 | 26 | 27 Step and Sculpt Starts Ends – 11/1 | 28 |
| 29 | 30 | | | | | |

## October 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | 1 Pickleball Open Gym Starts Ends – 5/29 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 Beginning and Advanced Pottery – Fall Sessions (Mondays) Starts Ends – 11/25 | 15 | 16 | 17 | 18 | 19 The Kids Chef – Fall Baked Goods 10/19 |
| 20 | 21 | 22 | 23 | 24 Youth Painting Class – Boo | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

# For Parks & Rec

## November 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | | 1 | 2 Little Viking Basketball Kindergarten Session I Starts, Ends – 12/14<br>Little Viking Basketball 1st Grade Session I Starts, Ends – 12/14<br>Adult Open Gym Basketball Starts, Ends – 3/14 |
| 3 | 4 | 5 | 6 Jr. NBA 3 on 3 League – 2nd Grade Start End – 2/15 | 7 | 8 | 9 |
| 10 | 11 | 12 Futsal Session I Grade 1-2 Starts End – 12/17 | 13 | 14 Futsal Session I Grade 3-4 Starts End – 12/19 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

## December 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 High School Recreational Basketball League Starts Ends – 2/18 | 4 | 5 | 6 | 7 The Kids Chef – Edible Gifts<br>Chicago Holiday Shopping Trip |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

# Important Dates For Parks & Rec

## January 2020

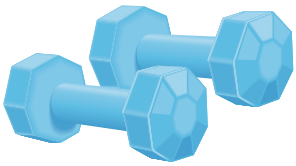
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 Computer Use – Everyday Efficiency with Windows | 7 | 8 | 9 | 10 | 11 Jr. NBA/WNBA 4 on 4 League – Grades 3rd & 4th Start<br>Jr. NBA/WNBA Travel Leagues for 5th-8th Grade Starts<br>Little Viking Basketball Session II Starts, Ends – 2/8<br>Little Viking Basketball Grade 1st Session II Starts, Ends – 2/8 |
| 12 | 13 Computer Use – Excel 101 Meets on 1/13, 1/20, 1/27 | 14 Futsal Session II Grade 1-2 Starts End – 2/11 | 15 | 16 Futsal Session II Grade 3-4 Starts Ends – 2/13 | 17 | 18 |
| 19 Big 10- Volleyball League (Grades 5-8) Starts, Ends – 3/8 | 20 | 21 | 22 | 23 | 24 Youth Painting Class – Happy Snowman | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

## February 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 Computer Use – Word 101 Meets on 2/10, 2/17, 2/24 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 SNAG Golf Starts Ends – 3/18 | 27 | 28 | 29 |

## *Barbell Strength*

*Active for Life*



Barbell strength will strengthen your entire body-FAST! This workout will challenge all of your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Using a proven formula of lower weight loads combined with higher repetition movements, you'll burn fat, gain strength, and produce lean muscle without bulk. There is great music in the class that will inspire you to get the results you came for, and have fun doing it! All fitness levels welcomed!

**Instructor:** Andrea Klein
**Days:** Wednesdays
**Dates:** 9/25-10/30
**Times:** 6:30pm-7:30pm
**Location:** Level-Up Gym (225 Hoel Ave)
**Fee:** $40 – Resident; $45 – Non-Resident
**Min/Max Participants:** 8/15
**Program Code:** 2216.176

## *Step and Sculpt*

*Active for Life*

Step and Sculpt includes effective, heart-pumping step aerobics routines combined with strength training intervals to give you a complete cardio and weight workout. This is an excellent cross-training class for all skill and fitness levels and a great way to end the work week.

**Instructor:** Andrea Klein
**Days:** Fridays
**Dates:** 9/27-11/1
**Times:** 5:00pm-5:45pm
**Location:** Level-Up Gym (225 Hoel Ave)
**Fee:** $40 – Resident; $45 – Non-Resident
**Min/Max Participants:** 6/10
**Program Code:** 2215.303

## *HIIT with Yoga*

*Active for Life*

High intensity training (HIIT) is fun, effective, and challenging for all. Yoga is the practice of poses that combines deep, meditative breathing with slow strengthening movements which is incredibly healthy for your mind, body, and spirit. Fusing these two different formats together is clearly a "win-win" approach for successful cardiovascular exercise improvement and overall performance.

**Instructor:** Andrea Klein
**Days:** Thursdays
**Dates:** 9/19-10/24
**Times:** 6:45pm-7:30pm
**Location:** Level-Up Gym (225 Hoel Ave)
**Fee:** $40 – Resident; $45 – Non-Resident
**Min/Max Participants:** 6/8
**Program Code:** 2210.403

## *Cycle 360*

*Active for Life*

This course adds variety to your everyday indoor cycling class by combining the best of indoor cycling, off-the-bike strength training and core training. The result is a total-body circuit training program that allows participants to experience an amazing aerobic workout while strengthening their lower body, upper body, and core.

**Instructor:** Andrea Klein
**Days:** Tuesdays
**Dates:** 9/17-10/22
**Times:** 6:30pm-7:15pm
**Location:** Level-Up Gym (225 Hoel Ave)
**Fee:** $40 – Resident; $45 – Non-Resident
**Min/Max Participants:** 6/15
**Program Code:**2210.404

## How to Reserve a Park Shelter

Park shelters in the city can be reserved two different ways. The first way is to go to our website and go through the online reservation process. This process will allow individuals to search for open dates and seek amenities that they need for their gathering. The other way is to fill out a Park Shelter reservation forms. These forms can be found at our website or at the Recreation Department office. For more details, see our website, www.stoughtonrec.com/parks.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- Alternative youth activity nights and educational events
- Community education and awareness

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adno=93881

## Norse Park Outdoor Skating Rink

The skating rink at Norse Park will be open again this winter. The open and close dates are dependent on the weather. The warming house is open weekdays from 5-8 PM and weekends from 12-4 PM.

## Lowell Park Community Garden

2018 will be our sixth year of having a community garden at Lowell Park. Gardening is a great family recreation activity and promotes a healthy lifestyle. The plots at our community garden are 15 feet by 20 feet and they are $35 apiece. Garden rules and applications are available on our website, www.cityofstoughton.com/rec, under park links. Please call or stop by our office for more information.

## Stoughton Area Youth Center 2019-2020 Programs

The Stoughton Area Youth Center (SAYC) is open and better than ever! The SAYC will be a leader in youth development and healthy lifestyle choices. Not only is the center "the" place to be for students 5-8 during after-school hours, the program has expanded to include high school students with great programming that is both fun and educational.

**Regular hours:** 3:00-6:00 PM after school
12:00-5:00 PM during the summer and non-school weekdays
**Location:** 567 E. Main Street
**Phone:** 608-877-9980
**Staff:** Greg Hoyte, ghoyte@ci.stoughton.wi.us

## Fill the Gap

Fill the Gap provides young people with educational support, career development opportunities, and positive role models for academic and professional success. This program helps young people develop the skills to compete successfully in higher education and careers of their choosing.

## LEGO Engineering Camps

Kids dive into our camp and exercise their innate gift for building. They come away understanding fundamental principles of engineering and physics. The experience boosts their confidence, creativity and ability to collaborate. Kids can't get enough.

## Kids Kick Healthy Living

The Kids Kick Healthy Living Program works to encourage healthy habits. We are implementing new programming and snack options to help children make better discussion when it comes to eating and living healthy.

## Job Training

While the proper technical skills are important, today's employers are looking for employees with the ability to communicate effectively, work on a team, resolve conflicts, handle ethical dilemmas, and manage their time in an effective manner. Covered topics:

- Creating a positive work ethic
- The importance of dependability, initiative, and interpersonal skills
- Making a positive first impression
- Tips for mastering the paperwork (applications and resumes)
- Succeeding in a job interview
- Keeping a job once you get it

## Tutoring and Mentoring

One of our missions is to help children overcome barriers to achievement in school and promote academic success. Each child does homework with his or her tutor and receives any extra help he or she needs in the fundamentals, especially reading or math.

These programs are ongoing beginning in September and running through the school year. Participates are encouraged to join at all times. There is no cost for these programs.

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# City of Stoughton Parks and Recreation
## 2019 Sponsorship Program

# Thank You to Our Sponsors!

The Stoughton Parks and Recreation Department introduced a Sponsorship Program to help improve the Gazebo Musikk shows, Troll Beach, and our recreation programs. We appreciate the businesses and individuals that made this program a success.

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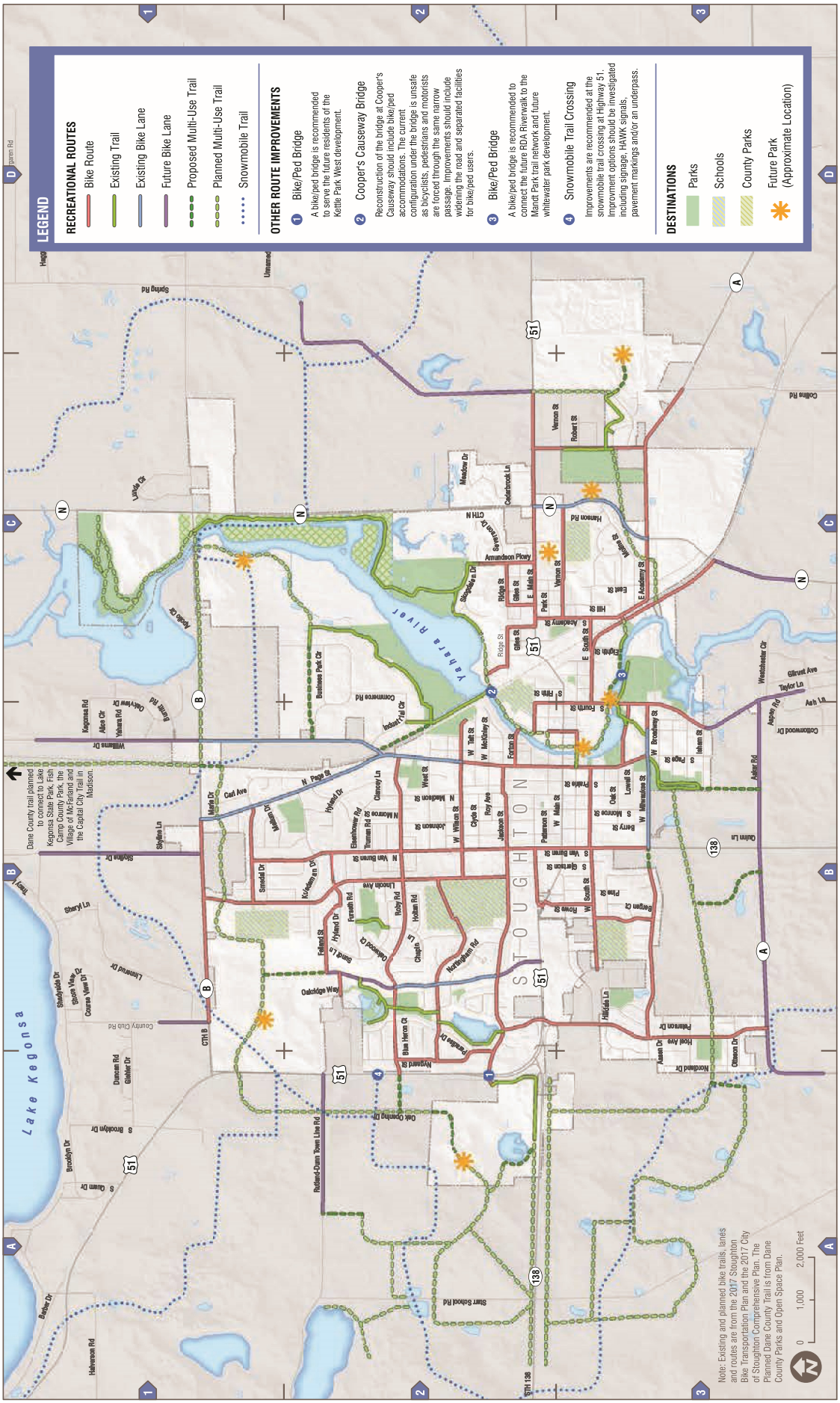
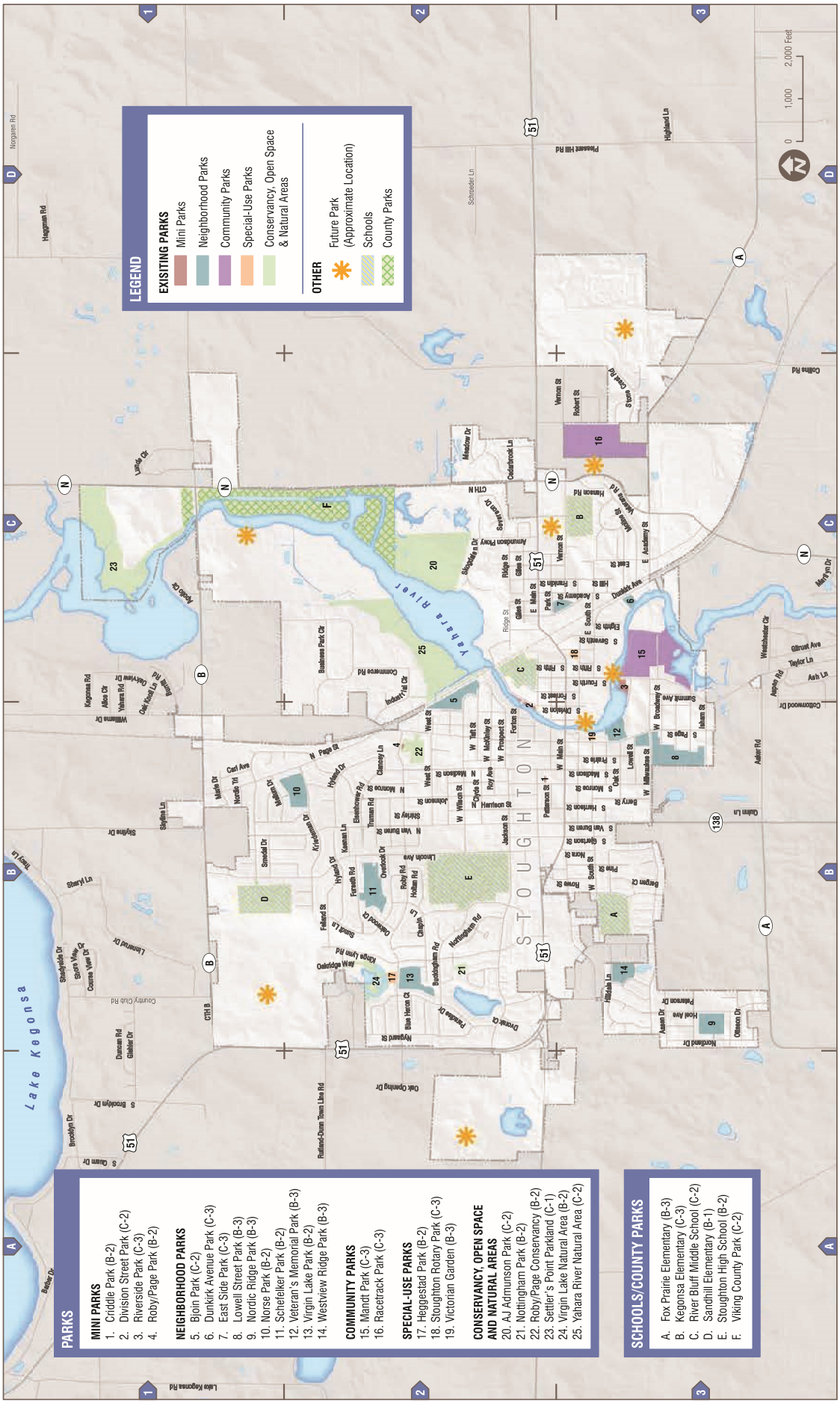
## EXISTING FACILITIES MATRIX

City of Stoughton Parks and Open Spaces

| | | | PASSIVE AREAS | | | | | | INFORMAL ACTIVE GAMES | | | | | | HARD SURFACED COURTS | | | | | | SEASONAL | | | | | | | | | | TRAILS | | | | SPECIAL EVENT AREAS | | | SERVICE AND SUPPORT FACILITIES | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Designation | Acreage | Facility | Open Space | Dog Park | Disc golf | Picnic area | Play equipment | Biking/walking | Soccer | Sandlot backstop | Baseball | Softball/Youth baseball | Football | Sand Volleyball | Basketball | Tennis | Pickleball | Horseshoes | Skateboard Area | Exercise Stations | Pool/Splash Pad | Swimming Beach | Golf Course/Driving Range | Community Gardens | Camping Facilities | Ice Skating/Hockey | Sledding | Fishing Area | Xcountry Skiing | Boat Launch | River/Lake Access | Pedestrian | Multi-Use | Mountain Bike/BMX | Snowmobile | Performance Stage | Zoo | Event area | Other building | Restrooms | Park Shelter | Pedestrian Access | Transit Capabilities | Drinking Water | ADA Accessibility | Bicycle Parking | Automobile Parking |
| **MINI PARKS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 0.22 | Criddle Park | | | | ◆ | ◆ | | | | | | | | ◆ | | | | | | | | | | | | | | | | | | | | | | | | | ◆ | ◆ | | | ◆ | | |
| | 0.76 | Division Street Park | | | | | | | | | | | | | | | | | | | | | | | | | | ◆ | | ◆ | ◆ | | | | | | | | ◆ | | ◆ | | | | | ◆ |
| | 1.36 | Riverside Park | | | | ◆ | | | | | | | | | | | | | | | | | | | | | | ◆ | | | ◆ | ◆ | | | | | | | | | ◆ | | | | | |
| | 0.13 | Roby/Page Park | | | | ◆ | ◆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ◆ | | | | | |
| **NEIGHBORHOOD PARKS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7.23 | Bjoin Park | ◆ | | | ◆ | ◆ | | | | | ◆ | | | ◆ | ◆ | | ◆ | | | | | | | | | | | | | | | | | | | | | | ◆ | ◆ | | | ◆ | | |
| | 1.31 | Dunkirk Avenue Park | ◆ | | | | ◆ | | | ◆ | | | | | ◆ | | | | | | | | | | | | | | | | ◆ | | | | | | | | | | | ◆ | | | | |
| | 1.95 | East Side Park | ◆ | | | ◆ | ◆ | | | | | | | ◆ | ◆ | ◆ | ◆ | ◆ | | | | | | | | | | | | | | | | | | | | | | ◆ | ◆ | ◆ | | ◆ | | |
| | 14.96 | Lowell Street Park | | | | ◆ | ◆ | ◆ | | | | ◆ | | | ◆ | | | | | | | | | ◆ | | | | | | | | | ◆ | ◆ | | | | | | ◆ | ◆ | | | ◆ | | |
| | 6.62 | Nordic Ridge Park | ◆ | | | ◆ | | | ◆ | | | | | | | | | | | | ◆ | | | | | | | | | | | | | | | | | | | ◆ | ◆ | ◆ | ◆ | ◆ | ◆ | | ◆ |
| | 8.00 | Norse Park | | | | ◆ | ◆ | | | | ◆ | | | | ◆ | ◆ | | | | | | | | | | ◆ | | | | | | ◆ | | | | | | | ◆ | ◆ | ◆ | | ◆ | | | ◆ |
| | 10.41 | Schefelker Park | ◆ | | | | ◆ | ◆ | | ◆ | | | | | | | | | | | | | | | | | | | | | | ◆ | | | | | | | | | | ◆ | | | | | ◆ |
| | 3.93 | Veteran's Memorial Park | ◆ | | | ◆ | ◆ | | | | | | | | | | ◆ | | | | | | | | | | ◆ | | | | ◆ | | | | | | | | | | ◆ | ◆ | | | | ◆ |
| | 6.96 | Virgin Lake Park | ◆ | | | ◆ | ◆ | ◆ | ◆ | | | | | | ◆ | | | | | | | | | | | | | | | | | | | | | | | | | ◆ | ◆ | ◆ | | ◆ | | | ◆ |
| | 5.06 | Westview Ridge Park | ◆ | | | ◆ | ◆ | | | | | | | | ◆ | | | | | | | | | | | | | | | | | | | | | | | | | | | ◆ | | | | | |
| **COMMUNITY PARKS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 33.20 | Mandt Park | | | | ◆ | ◆ | ◆ | | | | ◆ | | | ◆ | | | | ◆ | | ◆ | ◆ | | | | | | | | | ◆ | ◆ | | | | | | ◆ | ◆ | ◆ | ◆ | | ◆ | ◆ | ◆ | ◆ |
| | 28.56 | Racetrack Park | ◆ | | | ◆ | ◆ | | ◆ | | ◆ | ◆ | | | ◆ | | | | | | | | | | | | | | | | | | | | | | | | ◆ | ◆ | ◆ | ◆ | | ◆ | | | ◆ |
| **SPECIAL USE PARKS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1.29 | Heggestad Park | | | | | | ◆ | | | | | | | | | | | | | | | | | | | | | | | | ◆ | | | | | | | | | ◆ | ◆ | | | ◆ | | |
| | 0.71 | Stoughton Rotary Park | | | | ◆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ◆ | ◆ | | ◆ | ◆ | | |
| | 0.44 | Victorian Garden | | | | | | | | | | | | | | | | | | | | | | ◆ | | | | | | | | | | | | | | | | | | ◆ | | ◆ | | | |
| **CONSERVANCY/NATURAL AREAS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 52.55 | AJ Admunson Park | ◆ | | ◆ | | | ◆ | | | | | | | | | | | | | | | | | | | | | | | | ◆ | ◆ | | | | | | | | | | | | | | ◆ |
| | 1.10 | Nottingham Park | ◆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ◆ | | | | | |
| | 5.66 | Roby/Page Conservancy | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ◆ | | | | | | | | | | ◆ | | | | | |
| | 41.65 | Settler's Point Parkland | | | | | | | | | | | | | | | | | | | | | | | | | | ◆ | | | ◆ | ◆ | | | | | | | | | | | | | | | |
| | 10.50 | Virgin Lake Natural Area | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ◆ | ◆ | ◆ | | | | | | | | | ◆ | | | | | |
| | 42.14 | Yahara River Natural Area | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ◆ | ◆ | ◆ | | | | | | | | | ◆ | | | | | |

**TOTAL ACREAGE: 286.70**


LEGEND
RECREATIONAL ROUTES
Bike Route
Existing Trail
Existing Bike Lane
Future Bike Lane
Proposed Multi-Use Trail
Planned Multi-Use Trail
Snowmobile Trail
OTHER ROUTE IMPROVEMENTS
1 Bike/Ped Bridge
A bike/ped bridge is recommended to serve the future residents of the Kettle Park West development.
2 Cooper's Causeway Bridge
Reconstruction of the bridge at Cooper's Causeway should include bike/ped accommodations. The current configuration under the bridge is unsafe as bicyclists, pedestrians and motorists are forced through the same narrow passage. Improvements should include widening the road and separated facilities for bike/ped users.
3 Bike/Ped Bridge
A bike/ped bridge is recommended to connect the future RDA Riverwalk to the Manot Park trail network and future whitewater park development.
4 Snowmobile Trail Crossing
Improvements are recommended at the snowmobile trail crossing at Highway 51. Improvment options should be investigated including signage, HAWK signals, pavement markings and/or an underpass.
DESTINATIONS
Parks
Schools
County Parks
Future Park (Approximate Location)
Lake Kegonsa
Yahara River
STOUGHTON
Note: Existing and planned bike trails, lanes and routes are from the 2017 Stoughton Bike Transportation Plan and the 2017 City of Stoughton Comprehensive Plan. The Planned Dane County Trail is from Dane County Parks and Open Space Plan.
0 1,000 2,000 Feet
AYRES ASSOCIATES
Recreational Routes
Stoughton Comprehensive Outdoor Recreation Plan
Stoughton PARKS & RECREATION
CITY OF STOUGHTON
381 E. Main St.
Stoughton, WI 53589
Project 52-0617 • 11.27.2018
MAP 5


LEGEND
EXISITING PARKS
Mini Parks
Neighborhood Parks
Community Parks
Special-Use Parks
Conservancy, Open Space & Natural Areas
OTHER
Future Park (Approximate Location)
Schools
County Parks
PARKS
MINI PARKS
1. Criddle Park (B-2)
2. Division Street Park (C-2)
3. Riverside Park (C-3)
4. Roby/Page Park (B-2)
NEIGHBORHOOD PARKS
5. Bjoin Park (C-2)
6. Dunkirk Avenue Park (C-3)
7. East Side Park (C-3)
8. Lowell Street Park (B-3)
9. Nordic Ridge Park (B-3)
10. Norse Park (B-2)
11. Schetelker Park (B-2)
12. Veteran's Memorial Park (B-3)
13. Virgin Lake Park (B-2)
14. Westview Ridge Park (B-3)
COMMUNITY PARKS
15. Mandt Park (C-3)
16. Racetrack Park (C-3)
SPECIAL-USE PARKS
17. Heggestad Park (B-2)
18. Stoughton Rotary Park (C-3)
19. Victorian Garden (B-3)
CONSERVANCY, OPEN SPACE AND NATURAL AREAS
20. AJ Admunson Park (C-2)
21. Nottingham Park (B-2)
22. Roby/Page Conservancy (B-2)
23. Settler's Point Parkland (C-1)
24. Virgin Lake Natural Area (B-2)
25. Yahara River Natural Area (C-2)
SCHOOLS/COUNTY PARKS
A. Fox Prairie Elementary (B-3)
B. Kegonsa Elementary (C-3)
C. River Bluff Middle School (C-2)
D. Sandhill Elementary (B-1)
E. Stoughton High School (B-2)
F. Viking County Park (C-2)
Lake Kegonsa
Yahara River
STOUGHTON
0 1,000 2,000 Feet
AYRES ASSOCIATES
Existing Parks
Stoughton Comprehensive Outdoor Recreation Plan
Stoughton PARKS & RECREATION
CITY OF STOUGHTON
381 E. Main St.
Stoughton, WI 53589
Project 52-0617 • 10.31.2018
MAP 1

# Stoughton Parks & Recreation Department Registration Form

Parent/Guardian Name:

Home Phone: Cell/Work Phone:

Address:

City: Zip Code:

Email:

Please note special health concerns:

Do you require special accommodations:

| Participant's First & Last Name | Birth Date | Grade | M/F | Shirt Size | Program Code | Fee |
|---|---|---|---|---|---|---|
| | | | | | | |
| | | | | | | |
| | | | | | | |

**Payment Options (Check Box)**

**Total Program Fees:**

☐ Cash ☐ Check ☐ Credit Card (Circle One) MasterCard VISA

Credit Card #:__ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ Exp. Date: ___/___ Security Code: __ __ __

Would you like to volunteer coach? Name of Coach

**WAIVER**

I ACKNOWLEDGE, UNDERSTAND, AND FULLY ASSUME THE RISKS OF PARTICIPATION IN RECREATIONAL ACTIVITIES AND I FULLY AGREE NOT TO HOLD LIABLE THE CITY OF STOUGHTON, THE STOUGHTON SCHOOL DISTRICT, THE STOUGHTON RECREATION DEPARTMENT, OR ANY OFFICERS, AGENTS, OR EMPLOYEES THEREOF FOR ANY PERSONAL INJURY, DAMAGE, OR LOSS OF PERSONAL PROPERTY arising out of, or in connection with, participation in a Stoughton Recreation program, event, or activity, except for damage or injury resulting from intentional or reckless acts of the Stoughton School District, the Stoughton Recreation Department, or any officers, agents, or employees thereof. I also understand the City of Stoughton, Stoughton Recreation Department, and the Stoughton School District DO NOT carry insurance on any of the participants.

☐ I have read and understand the WAIVER OF LIABILITY AGREEMENT and choose to accept the terms and conditions without exercising my ability to negotiate the above terms and conditions by signature below.

☐ I choose to exercise my ability to negotiate the terms and condition of the waiver of liability agreement and understand that I must contact the Recreation Deparment, at (608) 873-6746 prior to participation in a Stoughton Recreation Department program, event, activity, or reservation.

Signature of Parent/Guardian: Date:

**CONCUSSION AWARENESS WAIVER—WI ACT 172**

I have reviewed Stoughton Park and Recreation's Concussion Awareness Information and I agree that if it appears that my child may have sustained a concussion or head injury that he/she is to removed from any program until such time a trained medical professional can examine them and approve their return to play, pursuant to Wisconsin Act 172 relating to concussions and other head injuries. In such case, I understand I am to provide written clearance from a trained medical professional for my player to return to the activity for the City of Stoughton. I have read and fully understand the statement regarding concussions.

Signature of Parent/Guardian: Date:

**For Office Use Only**

Cash:_____ Check #:_____ Credit Card:_____ Amount:_____ Date:_____ Received By:_____

***Mail to: Stoughton Parks & Recreation Department, 381 E. Main St, Stoughton, WI 53589***

# COME PLAY HOCKEY

## STOUGHTON YOUTH HOCKEY ASSOCIATION

**The Stoughton Youth Hockey Association** provides all area youth (including surrounding communities like Edgerton, Evansville, Fort Atkinson, Milton, etc) an opportunity to develop a love for hockey. Our association is dedicated to teaching hockey skills and strategy, good sportsmanship, and the essence of team play in a fun exciting environment.

- **Girls / boys at any skill level**
- **Payment plans and equipment rental available**
- **Fees vary by program and able to be reduced by volunteer and fundraising opportunities**

| PROGRAM | BIRTH YEAR |
|---|---|
| LEARN TO SKATE: | ALL |
| U6: | 2013 AND LATER |
| U8: | 2011-2012 |
| U10 (SQUIRTS): | 2009-2010 |
| U12 (PEEWEES): | 2007-2008 |
| U14 (BANTAMS): | 2005-2006 |

# SEASON RUNS OCTOBER - MARCH

**REGISTER: WWW.STOUGHTONHOCKEY.COM**

adno=86716